



If you are a lactating mother and there are questions regarding the safety of the medication and/or anesthesia you are receiving with breastfeeding/pumping- please do not pump and dump your milk. I encourage you to pump and save your milk until you can speak with your infant's pediatrician and/or a lactation consultant. The hospital has a milk fridge and freezer available to store your milk until discharge. Label your milk with the date, time, and any medication you received that is in question. Most medications and anesthesia are compatible with breastfeeding and we do not want to waste your milk.

Infant Risk Center

(Research center for medication safety during pregnancy and lactation)

Hotline Available

(M-F) 8:00 a.m. - 3:00 p.m.
+1-806-352-2519

* Please call our lactation department with any breastfeeding questions at (931) 783-5773. If a lactation consultant does not answer, you can also call the Nursery at (931) 783-2298.

BREAST MILK STORAGE GUIDELINES

PLACE	TEMPERATURE	HOW LONG
Counter top, table	Room Temp (up to 77F)	Up to 4 hours is best.
Refrigerator	39F or colder	Up to 6-8 hours is ok for cleanly expressed breast milk. Up to 4 days is best.
Freezer	0F or colder	Up to 8 days is ok for cleanly expressed breast milk. Up to 6 months
Deep Freezer	-4F or colder	Up to 12 months